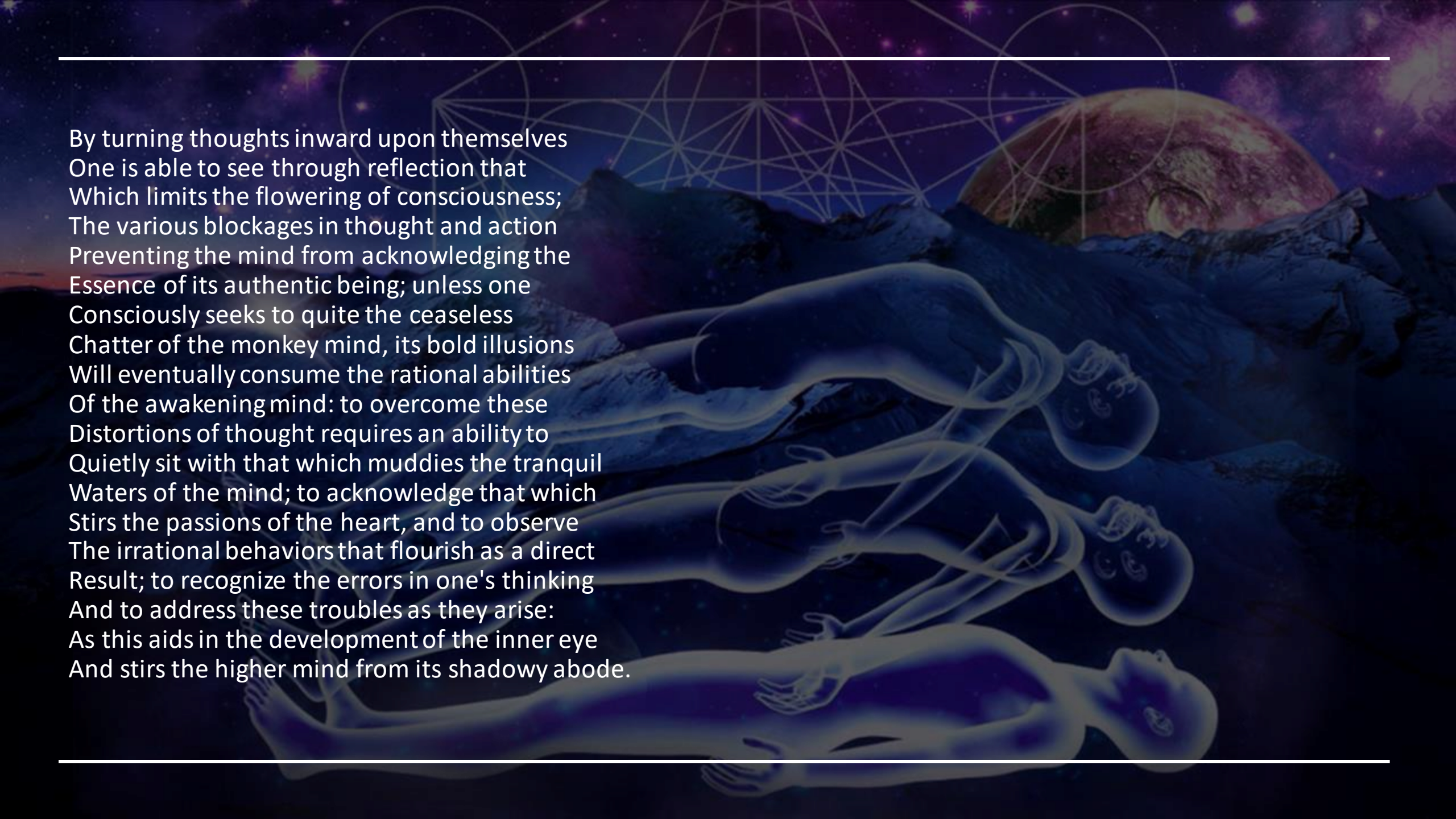

By turning thoughts inward upon themselves
One is able to see through reflection that
Which limits the flowering of consciousness;
The various blockages in thought and action
Preventing the mind from acknowledging the
Essence of its authentic being; unless one
Consciously seeks to quite the ceaseless
Chatter of the monkey mind, its bold illusions
Will eventually consume the rational abilities
Of the awakening mind: to overcome these
Distortions of thought requires an ability to
Quietly sit with that which muddies the tranquil
Waters of the mind; to acknowledge that which
Stirs the passions of the heart, and to observe
The irrational behaviors that flourish as a direct
Result; to recognize the errors in one's thinking
And to address these troubles as they arise:
As this aids in the development of the inner eye
And stirs the higher mind from its shadowy abode.